



Tools For Action

A sample of physical education initiatives in Wisconsin

Nerf Advance

Contact Information

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Program Information

Program Name Nerf Advance
Program Category Favorite lesson or unit
Grade Level Middle School (6-8); High School (9-12)
Assessment Method

Program Information

Products Developed or Materials Used:

Any nerf football, preferably one that cuts through wind when played outside. It is a gym game or an outside field game 30 yd by 50 yd approx. You need 6-12 players on a team indoors or outdoors

Program Description:

Nerf advance is organized keep away using a nerf football to score pts. Students run with ball or pass the ball to advance it toward the goal line. If they pass to a teammate in the endzone or run the ball past the goal line they score a point. The defense must tag a player with the ball and that player must stop within 3 steps or it is traveling. If the ball hits the ground the opposing team picks it up and advances toward their own goal with a run or pass. Stripping the ball is not allowed but blocking the pass is. Each player is a runner, passer, receiver, defender or blocker depending on who has the ball as it is continuous play with no downs like in football. After a score the ball is placed immediately on the ground for the other team to quickly pick up for advancement. Modify the game for skilled players using the 3 tag rule (if they haven't scored after 3 tags they place the ball on the ground for the other team to advance it)

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us